



A Soldier rappels out of a CH-53 Sea Stallion helicopter hovering 60 feet above the ground during the final rappelling test for the Air Assault Course, Jan. 17.

# Air Assault graduates 188 Soldiers, Airmen

“Lock in, look at me, and go!”

Story and photos by  
**SGT. MATTHEW RYAN**  
25th Infantry Division Public Affairs

SCHOFIELD BARRACKS — Soldiers hang over the end of the loading ramp of a helicopter that is hovering 60 feet above the ground, holding onto a rope as they wait for the hand signal to go.

The Tropic Lightning Division sponsored an Air Assault Course at East Range Training Complex (ERTC), here, Jan. 7-18. The cadre was from Army National Guard, Company B, Warrior Training Center, Fort Benning, Ga.

“We only get to come to Hawaii about every other year to offer the course, making it in high demand,” said Staff Sgt. Dustin Wade, cadre phase one chief, adding that this was one of the larger classes he’s seen.

Of the 338 Soldiers from 25th Infantry Division, and various units across Hawaii who met to vie for the coveted badge, only 188 qualified.

“The hardest thing was the hands-on sling-loading testing and procedures,” said Staff Sgt. Lucas Swotek, Co. B, 2nd Battalion, 27th Infantry Regiment, 3rd Brigade Combat Team, 25th ID, and cadre for the pre-Ranger course on ERTC. Swotek was distinguished honor graduate with the overall highest grade point average.

“The most exciting thing was the tower,” said Staff Sgt. Samuel Ruben, weapons squad leader, 2nd Bn., 27th Inf. Regt., 3rd BCT. “I would do it again.”

Air Assault is a grueling two-week course that begins on “Zero Day” with a run and an obstacle course; Soldiers and Airmen who did not complete them to standard were eliminated.

Day one transitioned into classroom work and hands-on experience of sling-loading equipment from below a helicopter. Once the classroom work was completed at the end of the first week, the candidates moved to practice rappelling from the tower. Each candidate had to perform three successful rappels from the tower in order to proceed to the final rappel from an aircraft.

The next week was all classroom instruction and testing, beginning with air mobile, and then sling-load operations. Each candidate performed all the necessary steps and to the highest standard before they proceeded onto the next phase.

Phase three was rappelling from a Marine CH-53 Sea Stallion, holding more than 20 people, hovering roughly 60 feet above the ground. For many of the remaining candidates, this

event was the most exciting part of the course.

Candidates were loaded into the helicopter 20 at a time, and then they came down one at a time. By this point in the course, less than 200 students were left in the course out of the 338 who started.

“This was the best part of the course ... to be dangling over the ledge, looking straight down at the ground, 60 feet above,” said Master Sgt. Jimmy Cox, 1st Bn., 27th Inf. Regt., 2nd BCT.

At the start of the final test was a 12-mile road march, which had to be completed within three hours. Only 191 Soldiers still remained.

A few hours after the road march, friends and family gathered at Sgt. Smith Theater, here, Jan 18. The theater was overflowing with people to honor the Soldiers and Airmen who completed the course.

Once remarks were complete, family and friends pinned the Air Assault Badge on their Soldier.



Master Sgt. Jimmy Cox, platoon sergeant, Headquarters Motor Platoon, 1st Bn., 27th Inf. Regt., 3rd BCT, 25th ID, hovers over the ledge of a 40-foot rappel tower, Jan. 8, as part of an Air Assault Course, sponsored by the 25th ID.

## Pacific Command Response Force

Schools such as the Air Assault Course train Soldiers to be tactical and proficient for any situation that may arise for the Pacific Command Response Force.

The PCRf covers the entire Pacific and provides aid or necessary support anywhere within the region within a short time frame.

# Army releases assessment for 2020 force realignment

U.S. ARMY ENVIRONMENTAL COMMAND  
Public Affairs Office

WASHINGTON — The Department of the Army has completed its final Programmatic Environmental Assessment (PEA) and draft Finding of No Significant Impact (FNSI) for Army force structure reductions and realignments that may occur from Fiscal Years (FY) 2013-2020.

The PEA evaluates and assesses the environmental impacts of potential adjustments to Army forces at 21 installations, including at U.S. Army Garrison-Hawaii.

## What’s the purpose of the PEA?

The Army has completed the analysis to support future anticipated changes and reductions to its forces that are necessary to reduce spending while maintaining critical national defense capabilities.

The Army will implement force realignment over the course of several years to arrive at an optimally configured force in 2020. Reduction in Army Soldiers will also be accompanied by some reduction in civil service employees.

These actions are being undertaken to reshape the Army’s forces to meet national security re-

quirements while reducing the Army’s end-strength. Force realignment and some level of force reduction will impact most major Army installations.

Force rebalancing is necessary to allow the Army to operate in a reduced budget climate, while ensuring the Army can continue to support the nation’s critical defense missions.

After 10 years of war, the nation is facing new challenges and opportunities that call for reshaping defense priorities. Concurrent with a reduction and realignment of the force, the Army proposes to reorganize and restructure its forces using lessons learned during the past 10 years — information about what the future global security environment will be like and results of previous brigade combat team (BCT) studies to reshape the Army into a force capable of supporting the full spectrum of military operations.

## What’s in the PEA?

In the PEA, the Army has evaluated the environmental impacts that may occur at 21 installations that will likely experience changes in Soldier populations as part of Army 2020 force structure realignments and force reduction decisions.

Force reductions that may occur as part of the proposed action include the inactivation of Army BCTs and combat support and combat service

## Ways to reduce end-strength

The Army’s proposed action evaluated in the PEA is to reduce the Army’s active duty end-strength from 562,000 at the end of FY 2012 to 490,000 by FY 2020.

The PEA analyzes two primary alternatives:

- Alternative #1, is to implement force reductions by inactivating a minimum of eight Brigade Combat Teams (BCTs) and realigning other combat, combat support, and service support units between FY 2013 and FY 2020.

- Alternative #2, is to implement Alternative 1, inactivate additional BCTs and reorganize remaining BCTs by adding an additional combat maneuver battalion and other units.

The PEA also analyzes a “no action” alternative, under which the Army would not reduce the size of the force.

support units at Army and joint base stationing locations.

The decisions on how to best implement Army force reductions and force structure changes

See PEA A-4

## Where to review, submit comments

Members of the public can review the PEA and draft FNSI and submit comments on the draft FNSI until Feb. 17.

Discussion of U.S. Army Garrison-Hawaii’s affected environment and environmental consequences can be found at Section 4.18.

An electronic version of the PEA and draft FNSI are available for download at <http://aec.army.mil/usaec/nepa/toics00.html>.

Submit your comments or questions on the PEA to Public Comments USAEC, Attn: IMPA-AE (Army 2020 PEA), 2450 Connell Rd., (Bldg 2264), Fort Sam Houston, Texas 78234-7664, or email [USARMY.JBSA.AEC.MBX@mail.mil](mailto:USARMY.JBSA.AEC.MBX@mail.mil).

## Aussie gets Flying V | A-3

Incoming deputy commander receives welcoming honors.



## Birds come to roost | A-4

Helicopters arrive by ship and offload despite a high tide.

## Hiking safely | B-1

Recent fatalities spark concerns about hiking off of the beaten path.



## Moody Foodie | B-3

Musings of a military spouse about the foods encountered along a career.





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**599th Transportation Surface Brigade**  
Donna Klapakis, 656-6420

Police Call

DES works to relieve traffic

**COL. MARK JACKSON**  
Director, Emergency Services, U.S. Army Garrison-Hawaii, and Commander, 8th Military Police Brigade, 8th Theater Sustainment Command

The Directorate of Emergency Services recognizes that the garrison community is facing very serious traffic challenges and is fully committed to doing all we can to facilitate traffic flow.

Traffic Congestion

Reopening Macomb Gate helped alleviate much of the bottleneck, but not all. Macomb Gate will close again for construction Feb. 2, when the construction on Kolekole Avenue is scheduled for completion.

DES provided additional manpower at all gates impacted by increased traffic congestion. For example, six to eight

military police or Department of the Army police, instead of two, now man Macomb Gate weekday mornings.

A patrol was posted at the intersection of Ayers and McCornack roads to direct traffic 4-5:30 p.m., Mondays, Tuesdays and Fridays, and due to family time, 2:30-5:30 p.m., Wednesdays and Thursdays.

At Lyman Gate, traffic is directed 4:45-10 a.m. and 12:30-1:30 p.m. to the Visitor Control Center, to reduce traffic on Kunia Drive.

The traffic light at Lyman and



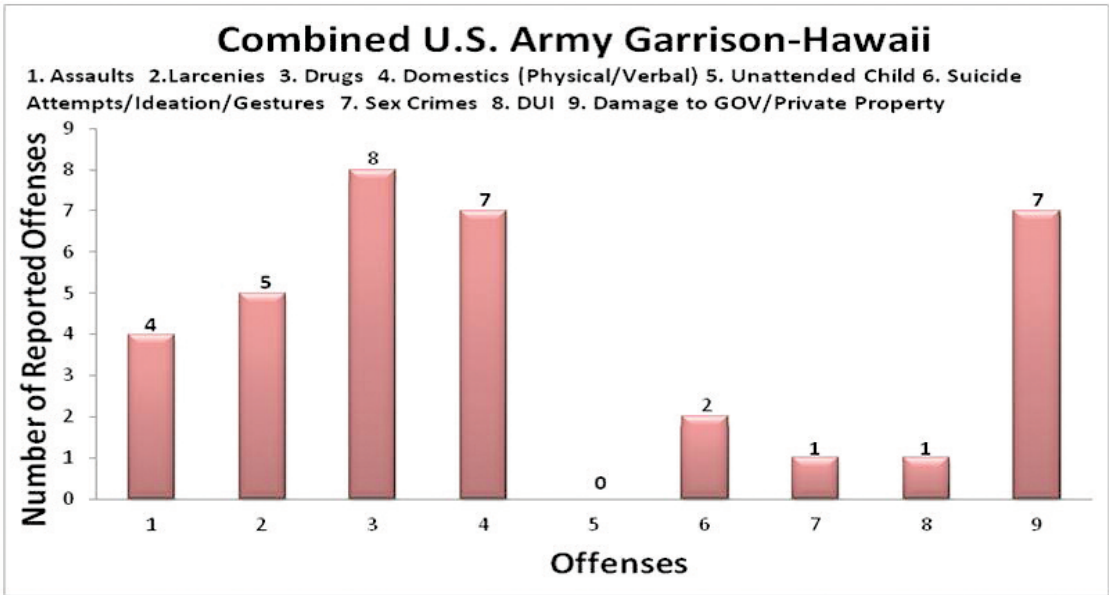
Jackson

Humphreys roads was causing back-ups on Lyman Road, impacting gate traffic, so a traffic control post was implemented to block vehicles turning right onto Humphreys Road; this action lessened the traffic congestion on Lyman Road.

At Trimble and Cadet Sheridan roads, a patrol at the intersection controls traffic. The right lane of Trimble Road is a right turn only lane to reduce the traffic congestion on Trimble Road.

Although much of this congestion is caused by recent road construction projects, such work will aid in the traffic flow once completed. We ask the community to please be patient, allow yourself extra time to access the installation, and ensure that you approach

See POLICE A-6



Three dishonorable discharges among eight in last couple months

**Q: Why does the Hawaii Army Weekly publish courts-martial findings?**  
**A: The Office of the Staff Judge Advocate releases the results of recent courts-martial for publication to inform the community of military justice trends and to deter future misconduct by Soldiers.**

The Offices of the Staff Judge Advocate, 25th Infantry Division and 8th Theater Sustainment Command, publish the results of the following recent courts-martial.

25th ID

•A staff sergeant from Headquarters and Headquarters Company, 1st Battalion, 14th Infantry Regiment, 2nd Brigade Combat Team, 25th ID, was found guilty of one

specification of Article 121, larceny, and nine specifications of Article 108, military property of the United States, of sale, loss, damage, destruction or wrongful disposition.

The staff sergeant was sentenced to a reduction to the grade of E-1, confinement for four months and a bad conduct discharge.

•A specialist from Battery A, 1st

See COURTS A-6

BACKTOBASICS

Back to basics bridges the gen gap

**COMMAND SGT. MAJ. DAVID CLARK**

3rd Brigade Combat Team, 25th Infantry Division



Clark

The premise is simple; we must bridge the generational gap by emphasizing key elements of leadership in order to empower the next set of Army leaders.

Over my 28-year career, I have witnessed the transformation of our Army from a Cold War machine, to an adaptive and innovative fighting force.

We now allow leaders at the lowest level to make critical decisions that greatly impact the battlefield.

I believe a few key traits must continue to be passed generationally.

**Lead by example.** If you're cutting corners, the best will lose faith in you,

the worst will follow in your footsteps and the others will do what they must to survive in a murky ethical environment.

**Be authentic.** Authentic leaders lead with purpose, meaning and values. They are consistent and self-disciplined. When their principals are tested, they refuse to compromise.

Authentic leaders are dedicated to developing themselves and others. They know that becoming a leader takes a lifetime of personal growth.

**Coach.** Coaching is the single most important part of expanding others' capabilities. As a leader, you acquire a lot of knowledge, experience and wisdom along the way.

You've surely heard the saying, "Give a man a fish, he will eat for a day; teach a man how to fish, he will eat for a lifetime." That's coaching. Good leaders regard every encounter as an opportunity to coach.

The foundation of a great organization is the way it develops Soldiers and leaders. Allow Soldiers to learn by

putting them in challenging situations, giving candid feedback and fostering an environment in which learning is fundamental.

Always put the team first. Soldiers have to know that you care. That does not mean leaders are buddies, but they need to have a concern for their Soldiers' well-being. Putting the team first demands sacrifice, courage and perseverance. When Soldiers know their leaders care, they will listen, follow and do what is expected of them.

As always, the past is important. Keep in mind the lessons learned along your journey. It is important to remember that our strength is our culture of learning.

We are a learning organization and must continuously adapt to our operational environment. Allow our past experiences to propel us forward while remembering that the future is unclear.

Continue to teach, coach and mentor, so the next generation will be stronger than the last.

Broncos. ... None Better!



Best work brings joy



**CHAPLAIN (LT. COL.) DONALD EUBANK**  
U.S. Army Garrison-Hawaii

Have you ever heard a great song, poem or speech, and thought, "Boy, I wish I'd thought of that!"

It's a familiar feeling we all have when we hear great lyrics or music that make an impact on us.

One of my favorite songwriters is Irving Berlin. In addition to such familiar favorites as "God Bless America" and "Easter Parade," Irving Berlin wrote, "I'm Dreaming of a White Christmas," which still ranks as one of the all-time most popular of best musical scores. You probably heard Bing Crosby's version of that holiday favorite several times during the recent holiday season.

In an interview just before his death, Berlin was asked, "Is there any question you've never been asked that you would like someone to ask you?"

"Well, yes, there is one," Berlin replied. "I'd like to be asked what I think of the many songs that I wrote that didn't become hits ... and my reply would be that I still think they are wonderful songs."

To Berlin, it didn't matter that some of his songs didn't become popular. His songs and their inspiring lyrics came from his heart.

Even though most of Berlin's songs never became famous, he found satisfaction in knowing that when he wrote, he gave his best efforts.

When we do our best, we can have peace and confidence about our work, whether others like it or not. However, when we believe success is determined by applause, recognition or fame, rather than commitment and integrity, we're setting ourselves up for disappointment.

Whether or not anyone else does, God knows when we give our best efforts. Just think about a clock hanging on the wall. The parts of the clock that do most of the work— the gears, springs, plates and wheels — are hidden behind the clock face! The same is often true for you and I. Many times we work behind the scenes, and our efforts escape notice; we continue to give our best efforts because we know the importance of character and integrity.

What are you working for today? If it's for the praises and admiration of your co-workers, you may find yourself slighted. But if you're doing your best because you believe that's what God wants you to do, and you're finding joy from your commitment to him, you're going to find real satisfaction in whatever you do.

God, too, has an unshakable delight in what — and whom — he has made. He thinks each of his children are wonderful, whether or not they're a "hit" in the eyes of others.

The prophet Jeremiah once wrote that God loves us with an "everlasting love" (Jeremiah 31:3), so do your best and don't worry about what others think.

When all is said and done, God has the only vote that really counts.

Voices of Ohana

January is National Mentoring Month

"Who do you consider your most influential mentor?"

Photos by 94th Army Air and Missile Defense Command Public Affairs



"Brig. Gen. Daniel Karbler (94th AAMDC CG). My reason is that leaders are influential by their action."  
**Chief Warrant Officer 3 Edward Barker**  
Senior property accounting technician, 94th AAMDC



"SFC Williams taught me that if you take care of your Soldiers and lead them, they will follow and try their hardest to work for you."  
**Spc. Nanci Crankamaya**  
Human Resources clerk, 5th BCD, 94th AAMDC



"SGM Ortiz. His attitude toward mission, respect, customs and courtesies, gave me an opportunity to excel."  
**Master Sgt. Reginald Creech**  
Human Resources sergeant major, 94th AAMDC



"For my amateur (HAM) radio, my wife, Linda, was crucial for me in getting my license in the first place."  
**Ralph Miranda**  
IT specialist, 94th AAMDC



"My most influential mentor is a past teacher, now colleague of mine, who has spent her life changing the world, one student, at a time."  
**Julia Myer**  
Spouse, 5th BCD, 94th AAMDC



# Flying V welcomes Aussie

**U.S. ARMY-PACIFIC**  
Public Affairs Office

FORT SHAFTER — A “Flying V” ceremony was hosted on historic Palm Circle, here, Jan. 17, for Australian army Maj. Gen. Richard Burr, U.S. Army-Pacific deputy commanding general for operations.

Burr will serve as the main command post deputy commanding general for contingency operations, directing the development of annual training and exercise plans in accordance with the USARPAC commanding general’s guidance.

Maj. Gen. Roger Mathews, deputy commander, USARPAC, hosted the ceremony.

USARPAC is the first Army Service Component Command to have a coalition partner general officer to serve in the position of deputy commanding general.

“He is the absolute right man for the job,” said Mathews. “He will be the commanding general’s right hand man, digging into details and the complex issues of not only USARPAC, but of our operational Army.”

As the overall military focus shifts toward the Pacific, building partnerships is more important than ever.

“It is actually difficult to think of a more tangible demonstration of the U.S. Army’s commit-

ment to “Partnership in the Pacific,” and it sends a very positive message to all of our partners in the region,” said Burr. “Our two countries are steadfast allies, great friends and partners, working together in the region and around the world for a long time. This appointment reinforces the strength of our relationship, and I am certainly privileged to be representing the Australian Army in this key role.”

Burr has held a number of key staff appointments, including as Military Assistant to the Chief of Army, the Director General of Preparedness and Plans for the Army, as senior advisor in the Department of the Prime Minister and Cabinet, and as the Director General of Military Strategic Commitments in Defence Headquarters.

Some of Burr’s awards include the Distinguished Service Cross, Member of the Order of Australia, Member of the Royal Victorian Order, and the United States Bronze Star Medal. He is entitled to wear the Infantry Combat Badge and Special Air Service Parachute wings.

The Flying V refers to the V shape in which the colors are posted during the ceremony. The traditional ceremony honors senior Army officials when they assume duties or depart from an Army command.



Department of Defense photo by U.S. Air Force Tech. Sgt. Michael Holzworth

Australian Defence Force Maj. Gen. Richard Burr (left), deputy commander of operations, HQ, USARPAC, gives remarks to Soldiers as Maj. Gen. Roger Mathews, deputy commander, USARPAC, listens during a Flying V ceremony at Palm Circle, Jan. 17. Burr is the first foreign military officer to be assigned at this level.



Lin Clark Miller | 516th Signal Brigade, 311th Signal Command (Theater)

Command Sgt. Maj. Allen Braswell (left), 516th Sig. Bde., incoming senior enlisted leader, receives the NCO Sword, symbolizing his new responsibility as leader of troops, from Command Sgt. Maj. Kevin Thompson, 311th SC(T), as Sgt. Maj. Tara Bryan, 311th SC(T) operations senior enlisted leader, looks on.

# CSM accepts sword at COR

Story and photo by  
**LIN CLARK MILLER**  
516th Signal Brigade, 311th Signal Command (T)

FORT SHAFTER — Command Sgt. Maj. Allen Braswell accepted the noncommissioned officer sword from Command Sgt. Maj. Travis Cherry, as the 516th Signal Brigade, 311th Signal Command (Theater), welcomed the Signal Corps’ newest brigade senior enlisted leader during a change of responsibility ceremony, here, Jan. 17.

“We are delighted to have you on board, and I look forward to working together as we continue to form this great team across the Pacific,” said Col. Scott Baer, commander, 516th Sig. Bde. “Command Sgt. Maj. Braswell understands the complexity of the mission, coming to us from 304th Expeditionary Sig. Bn., in Korea.”

Braswell expressed his enthusiasm and gratitude, thanking God that he is “here in good health and able to take on such an awesome challenge.”

He said both he and his wife, PJ, are passionate about the care of the Soldiers and families of the brigade.

Braswell’s portfolio speaks volumes of his experience. In addition to two Middle East tours in support of Operation Iraqi Freedom, a variety of assignments have polished him as a leader, to include tank gunner, signal system team chief, primary leadership development course instructor, section sergeant and drill sergeant.

One of Braswell’s three children, Senior Air-

man Allen Braswell Jr., stationed at Joint Base Pearl Harbor-Hickam, attended the ceremony with his wife and infant son.

“I will work hard to earn the respect of everyone, civilians and Soldiers alike,” Braswell said. “My fellow NCOs and I will keep the enlisted ranks of this brigade in step and mission-oriented.”

For his many military accomplishments, Braswell was awarded the Bronze Star, the Sergeant Audie Murphy award, and branch recognition for significant leadership contributions to Signal, Field Artillery and Ordnance.

Baer also honored the accomplishments of outgoing Cherry, reflecting on events such as the contractor-to-Soldier conversion of the Regional Hub Node in Guam and the reorganization of 78th Sig. Bn. in Camp Zama, Japan, to accomplish the missions of both the joint task force group mission on mainland Japan and that of recently inactivated Headquarters and Headquarters Detachment, 58th Sig. Bn., on Okinawa.

Cherry reflected on numerous trips throughout the Pacific, noting the extensive amount of travel inherent in managing the most geographically dispersed signal brigade in the Army.

“The longest time frame Col. Baer and I remained on Oahu was only 18 days,” he said.

Cherry credited and thanked the battalion and brigade teams for their accomplishments, support, camaraderie, and most of all, as family.

# CFC Hawaii-Pac raises \$5.7m

**U.S. ARMY-PACIFIC**  
Public Affairs Office

The Hawaii-Pacific Combined Federal Campaign raised more than \$5.7 million from Oct. 1 through Nov. 16.

During CFC 2012, U.S. Army-Pacific was the lead agency.

Hawaii-Pacific CFC’s area of responsibility includes Hawaii, Guam, Marianas and American Samoa military personnel and federal employees.

A ceremony hosted by USARPAC recognizing the fundraising effort was held aboard the USS Missouri, at Ford Island, Pearl Harbor, Jan.16.

“We are here to recognize all the hard work put in by the personnel who worked on the Combined Federal Campaign and all the units that achieved exceptional levels of giving,” said Army Maj. Kurt Muniz, master of ceremony and assistant CFC project offi-

cer.

This year’s theme was “One Team Making a Difference,” and it was helped by the Navy, Air Force, Marines, Coast Guard and federal employees, said Maj. Gen. William Beard, deputy commander, USARPAC.

“This is the 51st year of the Combined Federal Campaign. President Kennedy was the one who started it in 1961,” said Beard. “It is cool to see everyone shouldering up to this campaign.”

Following Beard’s comments, Platinum and Eco-Friendly award certificates were presented. To receive the Platinum Award, units met a 60 percent participation rate and averaged \$95 per capita.

Following the awards, Beard presented Colby Stanton, vice chair, Federal Executive Board, an oversized check for \$5,731,426.19 on behalf of the 27,298 donors within the Hawaii-Pacific area.

“The mission of the CFC is to promote a community-focused, cost-efficient program to provide all federal employees an opportunity to improve the quality of life for all. USARPAC’s goal of 100 percent face-to-face contact really set the standard for accomplishing the campaign,” said Stanton.

Each year the lead agency role is rotated amongst military agencies in Honolulu. Beard and Colby presented the CFC Eagle to Air Force Brig. Gen. Patrick C. Malackowski, passing the torch of responsibility and accountability to the Pacific Air Forces to kick-off the 2013 campaign.

**Platinum Award**  
624th Regional Support Group, USAFR  
Army Corps of Engineers-Honolulu District  
Hawaii Army National Guard (HIARNG), 298th Regiment Training Institute  
HIARNG, Human Resource Office  
HIARNG, U.S. Property and Fiscal Office  
Honolulu Passport Agency  
Installation Management Command-Pacific  
National Weather Service, Pacific Region (NOAA)  
Pearl Harbor Naval Shipyard & Intermediate Maintenance Facility  
Transportation Security Administration, Maui County, Team Admin and Team Fargason  
U.S. Postal Service, Honolulu Processing and Distribution  
U.S. Pretrial Services, U.S. District Court

**Eco Friendly Recognition Award**  
*(Presented to units with largest percentage of online pledges.)*  
•Medium Organization to U.S. Property and Fiscal Officers, HIARNG,  
•Small Organization to 298th Regional Training Institute, HIARNG.



Staff Sgt. Amber Robinson | U.S. Army-Pacific Public Affairs

Maj. Gen. William Beard, deputy commander, USARPAC, passes the CFC Eagle Trophy to Pacific Air Forces Brig. Gen. Patrick Malackowski during the 2012 Hawaii-Pacific CFC ceremony, held aboard the USS Missouri.





The USNS Benavidezhe offloads a CH-47 Chinook helicopter using a crane, at Pearl Harbor, Jan. 16.

# USNS Benavidez offloads CAB helos

Story and photo by  
**DONNA KLAPAKIS**  
599th Transportation Surface Brigade Public Affairs

JOINT BASE PEARL HARBOR-HICKAM — When the 25th Infantry Division’s 25th Combat Aviation Brigade returns to work after its redeployment, 65 of its helicopters will be different than those it took to Afghanistan.

Instead of the usual route from Afghanistan across the Pacific back to Hawaii, the helicopters that came into Pearl Harbor on-board the USNS Benavidez, Jan. 15, began their journey in Savannah, Ga., Dec. 24, and came through the Panama Canal.

Lt. Col. Paul Belobrajdic, U.S. Army-Pacific deputy operations officer for aviation, said the 3rd CAB, 3rd Infantry Division, swapped its helicopters in Georgia for the 25th CAB’s helicopters already in place in Afghanistan.

The helicopters were offloaded from the Benavidez, Jan. 16-17, at Pearl Harbor, and began flying back to Wheeler Army Airfield, Jan. 18. The aerial convoys of helicopters completed the short flight from the harbor to WAAF by Jan. 25.

Because the pilots for the 25th CAB have just returned from Afghanistan, pilots from Korea and Alaska piloted the helicopters from Pearl Harbor to Wheeler.

“We wanted to give the 25th CAB pilots a chance to get their feet on the ground after their redeployment and have their block leave. This also gives pilots from Alaska and Korea a chance to get used to flying in Hawaii,” said Maj. Robert Holcombe, 25th ID operations.

Black Hawks were the first off the ship, and a difficulty became apparent early when a problem with clearance for the helicopters developed because of the angle of the stern ramp at high tide.

The captain of the Benavidez added ballast, and the offload crew

built some extra ramps out of two-by-six planks to lengthen the angle at both the top and the bottom of the stern ramp.

They also had to manually strap up the rear of the Black Hawks to clear the lip at the top of the ramp for a few of the helicopters to keep them from getting high-centered at that angle.

Because the stern ramp door does not have much clearance for Black Hawks’ tail rotors, another contractor had to climb up onto the tail to monitor clearance at the top as the helicopters made their way down the ramp.

As the tide lowered, the contractors were able to speed up the offload a bit, but with a ship full of high-value items, they had to continue to move relatively slowly to pay attention to safety, said Carlos Tibbetts, 599th Transportation Surface Brigade terminal management chief.

“This offload went very well. They were able to offload the whole ship in one-and-a-half days,” Tibbetts said. “That seems like a long time to take for just 69 pieces, but except for the two containers, each piece had to be discharged one piece at a time, a time-consuming operation.”

As with most moves from Pearl Harbor, the Fleet Logistics Center there admirably handled the administration and logistics of the move.

On this move, an aviation contractor and 25th CAB Soldiers handled the actual offload, Tibbetts said.

The lift-off commenced at 4 p.m., Jan. 16.

Chief Warrant Officer 3 David Lance, 25th CAB, was impressed with the condition of the Chinooks the unit will receive.

“Those Chinooks are really low hours,” Lance said. “They are definitely high-end and younger birds.”

Two of the helicopters that were offloaded from the Benavidez will go to the Hawaii Army National Guard.

# Shafter’s CCP gets smart about humanitarian assistance

Story and photo by  
**SGT. 1ST CLASS KEVIN BELL**  
U.S. Army-Pacific Contingency Command Post Public Affairs

JOINT BASE PEARL HARBOR-HICKAM — Soldiers from the U.S. Army-Pacific Contingency Command Post (CCP) learned the roles they play when responding to an international disaster during a two-day course, here, Jan. 10-11.

CCP Soldiers, along with counterparts from the Navy and Air Force, attended the Joint Humanitarian Operations Course (JHOC), which is conducted by the Office of U.S. Foreign Disaster Assistance (OFDA) Military Liaison Team.

The quarterly course is open to service members assigned to units that would provide support during a disaster. Its primary goal is to help better synchronize U.S. government civilian relief agencies and the military during a natural disaster response.

“We need to understand what Department of Defense personnel do and what their authorities are, and DOD personnel need to understand how we work, so we can work better together in our response,” said Reneé Van Slate, lead humanitarian assistance advisor to Pacific Command. “If we work to understand each other before a disaster, we will work much better together during a disaster response.”

It’s not a matter of if, but when, the next disaster will occur in the Pacific, said Van Slate.

The course, which instructors say compresses about a week’s worth of training into just a few days, covered a number of key areas military personnel need to understand. Training included discussions on internationally accepted humanitarian principles; the United Nations’ Humanitarian Cluster System; how international relief agencies and non-government organizations (NGOs)

work; U.S. Government Humanitarian Assistance, to include the structure and relationships between U.S. government aid agencies; when it’s appropriate to use military assets; and what kind of military assets can be used during a disaster response.

Course instructors were very clear that DOD assets should only be used for specific unique tasks, things that no one else can provide.

The class also contained several practical exercises designed to put service members in the shoes of OFDA personnel.

“As our mission focus has shifted to the Pacific, it naturally needs to also shift towards humanitarian assistance and disaster relief as the Pacific has more natural disasters than anywhere else in the world,” said Lt. Col. Michael Brophy, an aviation officer assigned to the Fort Shafter-based CCP.

“A course like this is invaluable in helping us to better work with lead federal agencies, and other services for that matter, when planning for and responding to a disaster,” Brophy added.

The CCP requires all of its personnel to take JHOC and its “sister” course Humanitarian Assistance Response Training, which focuses primarily on NGOs’ response to disasters and humanitarian crisis.

Twenty members of the USARPAC CCP also attended the class, Jan. 7-8.

The CCP consists of more than 90 personnel with specific skills to provide a USARPAC forward command post capability, specifically focusing on small-scale contingencies, such as supporting humanitarian assistance, disaster relief and peace operations.

The CCP can tailor personnel and equipment to fit the mission with a team as small as seven, to as many as more than 120 service members with augmenting forces.



Reneé Van Slate, lead humanitarian assistance advisor to Pacific Command and a member of the Office of U.S. Foreign Disaster Assistance Military Liaison Team, speaks to service members during the Joint Humanitarian Operations Course, Jan. 11. The course is designed to educate service members on the role of U.S. government and the military when dealing with disaster relief events.

# PEA: Decisions now will affect future force stationing

CONTINUED FROM A-1

from FY 2013-2020 will be made over the course of several years to arrive at an optimally configured force in 2020.

Alternatives considered in the PEA evaluate the largest growth potential scenarios at installations that may occur from BCT restructuring, as well as the greatest force reduction scenarios that could occur as a result of Army force drawdown.

The range of potential installation reduction and growth (ranging from maximum losses of 8,000 military personnel to maximum increases of 3,000 at the Army’s largest installations) was chosen for the environmental analysis to provide flexibility as future force structure realignment decisions are made.

**When will final decisions be forthcoming?**

The PEA is designed to inform decision-makers of potential socioeconomic and environmental impacts associated with pro-

posed actions as these stationing decisions are made in the coming years. The specific locations where changes will occur have not been decided.

Stationing sites that were included in the PEA are those sites that could experience a change in Soldiers and civilians that exceeds at total of plus or minus 1,000 military personnel.

Final decisions as to which alternative to implement and which installations will see reductions or unit realignments have not yet been made.

Those decisions will be made based on mission-related criteria and other factors in light of the information contained in the PEA.



What’s where?	
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4.18.4	Cultural Resources, p. 81
4.18.5	Noise, p. 86
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4.18.7	Biological Resources, p. 96
4.18.8	Wetlands, p. 115
4.18.9	Water Resources, p. 119
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# Warriors train for decisive action

Story and photo by  
**SGT. DANIEL JOHNSON**  
2nd Stryker Brigade Combat Team Public Affairs  
25th Infantry Division

SCHOFIELD BARRACKS — Leaders of the 2nd Stryker Brigade Combat Team, 25th Infantry Division, and subordinate units, gathered for a Mission Command Exercise at the Mission Training Complex, here, with an emphasis on the Military Decision Making Process (MDMP), Jan. 7. Retired Brig. Gen. Randy Anderson, senior mentor for the Mission Command Training Program (MCTP) at Fort Leavenworth, Kan., served as an advisor to the Warrior commander, Col. Thomas Mackey.

“MCTP works with commanders and their staffs in both the art and science of mission command,” said Anderson. “It is primarily two parts: what does the commander need to know, the art, and how does the staff support him, the science.”

“This mission command exercise is to train and prepare the brigade staff for its upcoming rotation to the National Training Center and future deployments in support of Operation Enduring Freedom,” said Lt. Col. Timothy Mungie, executive officer, 2nd SBCT.

Military and civilian members of the MCTP accompanied Anderson to help facilitate the training.

Soldiers and civilians based at Fort Leavenworth work in parallel to their respective staff elements as observer, coach and trainer, said Anderson. Essentially, they train the staff in a way to accomplish something, coach them in the process and observe the implementation of the training.

“Not only did the team from Leavenworth pro-



Gen. Raymond Odierno (center), U.S. Army Chief of Staff, tours the Mission Command Exercise, Jan. 9, with (from left) Col. Thomas Mackey, commander, 2nd SBCT, 25th ID; Command Sgt. Maj. Michael Crosby, senior enlisted leader, 2nd SBCT; and Maj. Gen. Kurt Fuller, commander, 25th ID. The MCX is designed to prepare leaders and staff for future contingency missions using the Military Decision Making Process for planning and executing operations.

vide outstanding oversight and input to this training exercise, but the staff came into the training with a decent foundation, and we’ve been able to begin building from there,” said Mungie.

This training is fundamental to teach concepts that can be adapted and used in a variety of sit-

uations and not for a single specific mission.

“This training event is not specifically to train them for their next mission, but is to prepare them and give them training in the staff process,” Anderson said. “This is not a mission readiness exercise. This is to give the staff exposure and

training in how to plan, and the commander in how to give guidance and drive that process.”

This type of training is invaluable for commanders and their staff as managing a battlefield and generating orders based on the commander’s vision is no simple task.

“The biggest training objective was the MDMP,” said Anderson, “the planning and the value of learning how to plan that a staff has to do to support the brigade’s mission.”

“Essentially you are given a large complicated or complex problem, and the MDMP helps you to break that problem down into pieces that you can then work toward a solution,” said Mungie. “The MDMP provides steps that take you from simply data and knowledge of a problem set to understanding and being able to tackle and solve the problem.”

“What we generally see is that it’s not a light bulb moment; it’s a turning up of the rheostat on the light bulb, getting brighter and brighter as the staff understands, acknowledges and sees themselves and how they should have done something differently,” said Anderson.

The staff is the planning and synchronization element for the commanding officer, said Mungie, so that the commander can concentrate on the current fight.

This exercise has helped to expand the knowledge base of the leaders in the brigade and prepare them for future contingency missions in the Pacific and abroad.

“This has served as a building block for our next event when we continue to train our companies,” said Mungie. “We’ll take those companies through their situational training exercises and live-fire exercises in addition to another Military Decision Making Exercise like we’ve done here.”

## News Briefs

Send announcements for Soldiers and civilian employees to [community@hawaiiarmyweekly.com](mailto:community@hawaiiarmyweekly.com).

### Today

**MLK Observance** — All are welcome to attend the Dr. Martin Luther King Jr. Observance, “Remember! Celebrate! Act!” today at 11 a.m. at the Warrior Inn Dining Facility (Bldg. 2085), Schofield Barracks. Hosted by 2nd Stryker Brigade Combat Team, 25th Infantry Division, Team EO and EEO Hawaii. Call 655-0240.

**New Survey** — If you are an AKO user, log on now to take the Army “Ready and Resilient” survey. Provide valuable feedback on how the Army communicates about readiness and resiliency. Visit [www.us.army.mil/suite/page/667030](http://www.us.army.mil/suite/page/667030).

**Testing** — Schofield Army Education Center offers free College Level Examination Program (CLEP) and DANTES Subject Standardized Tests (DSST) every Tuesday, from 9 a.m.-7:30 p.m., and Fridays, 9 a.m.-4 p.m., at the Education Center, Building 560, Room 214.

Testers must arrive two hours before closing time to provide ample time to complete the tests. Study guides are available at the Learning Resource Center, Rm. 203. Visit [hpunationaltestingcenters.wordpress.com/about/](http://hpunationaltestingcenters.wordpress.com/about/)

**28 / Monday**  
**Road Closure** — CW2

Latchum Road On Wheeler Army Airfield between Lauhala and Air-drome roads will be fully closed to perform reconstruction of the road and site work. Construction is scheduled Jan. 28-Dec. 7, 2014.

The project schedule is subject to change pending weather delays. Please heed safety signs and barriers when they close the roadway. Call 656-2420 or 864-7014.

### 31 / Thursday

**Wheeler Traffic Detours** — The 25th Infantry Division will host a Combat Aviation Brigade Memorial Ceremony, 8:15-10:30 a.m., Wheeler, Jan. 31.

Expect temporary traffic detours on Wright and Santos Dumont avenues in front of the CAB Headquarters (Bldg.100). Your patience is appreciated.

## February

### 4 / Monday

**GSA closed** — The Schofield GSA Global Supply will be closed until Feb. 8, for the 2013 annual inventory. The Hickham GSA facility will be open.

### 20 / Wednesday

**“Veterans of Color” Film Festival** — From World War II through Vietnam and more recently, learn stories of African-American men and women who served in our nation’s armed forces. “Veterans of Color” is a film chronicling the heroic service of Soldiers who had to conquer the enemy while battling for equality.

Specially presented by the Honolulu Museum of Art’s

See **NEWS Briefs A-6**

# Community honors Dr. Martin Luther King Jr., at observance

Story and photo by  
**SGT. ELIZABETH COLE**  
305th Mobile Public Affairs Detachment  
9th Mission Support Command

FORT SHAFTER FLATS — The powerful words of Dr. Martin Luther King Jr. rang through the ears of more than 200 Soldiers, civilians and family members at a special observance honoring his legacy, here, Jan. 16.

The Trinity Missionary Baptist Church choir entertained guests with spiritual folk songs, while Sgt. 1st Class Jerry Maynard, Equal Opportunity advisor, 9th Mission Support Command, recited Dr. King’s compelling “I Have a Dream” speech, moving attendees to their feet in applause.

“This observance is a celebration of Dr. King’s legacy as a civil rights leader and activist and the dramatic impact he had on race relations in America,” said Lt. Col. Frederick Levine, Equal Opportunity program manager, 9th MSC. “It focuses on his influence and the struggles of not just African-Americans, but others who fought and died for the progression of race relations.”

Dr. Dwayne Priester, guest speaker for the event, asked guests to think about the effect their actions can have on others around them.

“If we treat our brother with less than a sense of equality, we send a blow not just to him, but to generations after him,” said Priester. “It’s not just about blacks. It’s not just about whites. It’s about all humanity. It’s a moral commitment that we have to make.”

Col. John Cardwell, acting commander, 9th MSC, said that the day’s event helped him to think about the small things he can do that will have a big impact on his Soldiers, and why it is important to learn from the past.

“We can sometimes have short memories. It is important to take a moment to reflect on the past and gain historical context, so we never have to relearn the hard lessons of the past,” said Cardwell.

“We want people who attended the observance to continue Dr. King’s dream and honor the life of a man who stood for nonviolence and changed the mindset of this country,” added Levine.

As the observance concluded, guests were challenged



Sgt. 1st Class Elray Dumas (left), Equal Opportunity adviser, and Sgt. Maj. Julio Padilla, senior enlisted leader, Supply, both with the 94th AAMDC, read about the history of Dr. Martin Luther King Jr., during a special observance, Jan. 16. More than 200 Soldiers, civilians and family members gathered to honor Dr. King and his legacy.

to continue the legacy of Dr. King and to “Remember! Celebrate! Act!”



# DES: Patrols respond to assaults, larceny and driving under the influence

CONTINUED FROM A-2

the gates with all required IDs to help speed our access control requirements.

**The Blotter**  
The following are excerpts taken from actual blotter entries from the Schofield Barracks/Fort Shafter areas of operation.

Subjects are innocent until proven guilty, and maximum punishments are taken from the Manual for Courts-Martial, United States (2012 edition), and other open sources.

Crime statistics are analyzed and reported courtesy of the Consolidated Community Criminal Intelligence, or CRIMINT, Fusion Cell.

Crime and incident statistics, captured in the statistics chart (p. A-2), have been pulled and combined from the Schofield Barracks and Fort Shafter surrounding areas.

USAG-Hawaii's DES collects and uses these statistics to determine patrol distribution to maintain safety and security within our communities.

**Incidents**  
Listed below are examples of incidents that occurred during the Jan. 1-9 reporting period.

•Assault Consummated by Battery (Title 18, Sec 113, USC) – 5C1A  
Subject #1: PFC, M/B/N/22  
Subject #2: SGT, M/A/N/30  
Jan. 4, an investigation by MP patrols revealed that two individuals were involved in a verbal dispute that became physical when one placed the other individual in a headlock and arm bar. The other individual retaliated by jabbing his thumb into the other's eye. Neither individuals sustained injuries.  
Both were apprehended and transported to the Schofield Barracks police station where they were further processed and released to their unit representatives.  
Drugs/Alcohol Involved: No  
Disposition of Case: Final Report.

•Assault 2nd Degree (HRS 707-0712) – 5C1N,

Assault 3rd Degree (HRS 707-0712) – 5C1N  
Subject #1: SPC, M/U/N/25  
Subject #2: CIV, M/U/N/U  
Jan. 5, at 0215, the Schofield Barracks police desk was notified by the Honolulu Police Department of a fight in front of 2310 Kuhio Ave. (Mad Dog Saloon), in Honolulu. Upon arrival, HPD officer made contact with two individuals who both stated they were assaulted by two unknown males outside of Mad Dog Saloon. Two individuals were found that matched the descriptions given and were apprehended for 2nd and 3rd degree assault.  
Both individuals were taken to HPD central receiving division for processing. Individuals were later released on their own recognizance.  
Drugs/Alcohol Involved: Unknown

•Larceny of Private Property (Article #121, UCMJ)  
Subject: SPC, F/W/H/U  
Victim: PV2, M/W/N/24  
Jan. 5, a victim notified the Fort Shafter Police

Station of a larceny of private property. Patrols responded and made contact with a witness who stated that he witnessed the subject enter the victim's barracks room and remove an Xbox 360 game console, a power cord and a video game without permission. Estimated cost of loss was \$280.  
Investigation continues by military police.  
Drug/ alcohol involvement: None

•Operating a Vehicle under the Influence of an Intoxicant – (HRS 291E-61) - 5Q2  
Subject: SPC, M/A/N/21  
Jan. 12, an investigation by MP patrol revealed that an individual driving a vehicle appeared to be intoxicated. He was administered a series of standardized field sobriety tests, which he performed poorly. The individual was apprehended and issued one CVB for operating a vehicle under the influence of an intoxicant.  
Individual was released to his unit.  
Drugs/Alcohol Involved: Yes  
Disposition of Case: Final Report.

# Courts: Decisions in recent cases announced

CONTINUED FROM A-2

Bn., 21st Field Artillery Regt., 2nd BCT, was found guilty of two specifications of Article 112a, wrongful use of a controlled substance.

The specialist was sentenced to a reduction to the grade of E-1, confinement for 60 days and a bad conduct discharge.

•A specialist from HHC, 3rd Bde., Special Troops Battalion, 3rd BCT, was found guilty of two specifications of Article 112a, wrongful use of a controlled substance.

The specialist was sentenced to reduction the grade of E-1, forfeiture of all pay and allowances, confinement for 14 months and a bad conduct discharge.

•A specialist from Co. C, 225th Bde. Support Bn., 2nd BCT, was found guilty of two specifications of Article 89, disrespect toward a superior commissioned officer; one specification of Article 90, assaulting or willfully disobeying a superior commissioned officer; five specifications of Article 91, insubordinate conduct toward a non-commissioned officer; and one specification of Article 134, communicating a threat.

The specialist was sentenced to reduction to the grade of E-1, confinement for 90 days and a bad conduct discharge.

•A specialist from 209th Aviation Spt. Bn., 25th Combat Avn. Bde., was found guilty of one specification of Article 120, abusive sexual contact; two specifications of Article 112a, wrongful possession of a controlled substance; and one specification of Article 134, engaging in conduct that was to the prejudice of good order and discipline and

of a nature to bring discredit upon the armed forces.

The specialist was sentenced to a reduction to the grade of E-1, forfeiture of \$1,091 pay per month for 60 months, confinement for five years and a dishonorable discharge.

•A specialist from Co. B, 225th BSB, 2nd BCT, was found guilty of one specification of Article 120, aggravated sexual assault.

The specialist was sentenced to a reduction to the grade of E-1, confinement for 15 months, and a bad conduct discharge.

**8th TSC**  
•A master sergeant from 3303rd Mobilization Spt. Bn. was convicted at a general court-martial of one specification of wrongful sexual contact in violation of Article 120, UCMJ, and five specifications of cruelty and maltreatment of subordinates in violation of Article 93, UCMJ.

A military judge sentenced him to be reduced to the grade of specialist, to be confined for 29 months and a dishonorable discharge.

•A private first class at Tripler Army Medical Center was convicted at a general court-martial of one specification of aggravated sexual assault in violation of Article 120, UCMJ, and one specification of forcible sodomy in violation of Article 125, UCMJ.

A military panel consisting of officers and enlisted members sentenced him to total forfeiture of all pay and allowances, reduction to the grade of E-1, confinement for six months and a dishonorable discharge.

## News Briefs

CONTINUED FROM A-5

African-American Film Festival in conjunction with the 25th Infantry Division, Schofield Barracks Team EO/EEO, Feb., 20-22.

**27 / Wednesday**  
**Virtual Career Fair** — Log in and find the right job for you! Veterans Recruiting Services is hosting a Virtual Career Fair, 1-4 p.m., Feb. 27. This event will focus on transportation and logistics careers.

The Department of Transportation, Federal Aviation Administration, Transportation Safety Agency, General Motors, Penske, Waste Management, Pepsi Cola and more will participate.

Visit [www.veteranrecruiting.com](http://www.veteranrecruiting.com).

**Ongoing**  
**VetNet** — A great way to start 2013 and to help veterans and military spouses, VetNet is a technology-

based effort to help veterans, transitioning service members and military spouses find meaningful employment. Think of VetNet as a virtual career resource.

Now veterans and military spouses can search for thousands of job opportunities either by industry or geographic region; visit [www.vetnethq.com/](http://www.vetnethq.com/).

**Veterans Forum** — The 2013 Hawaii Veterans and Small Business Forum & Expo takes place at the Hale Koa Hotel, Thursday, March 28, and features keynote speakers and presenters from various veteran-owned small businesses, service-disabled veteran small businesses, prime contractors, state and federal agencies.

Breakout sessions will include topics on how to work with the federal government, Davis Bacon Act and Service Contract Act, joint ventures, GSA versus commercial, ethics in contracting, 8(a) certification, SD-VOSB certifications, and general panel discussions.

Deadline to register is March 21. Register online at <http://hptac.ecenterdirect.com/Conferences.action> or call 596-8990, ext. 1008, or 596-8990, ext. 1007.



# Safety a key theme for every hiker

SARAH PACHECO  
Staff Writer

HONOLULU — Hiking is an excellent way to explore Hawaii's vast and varying landscapes.

From strenuous treks deep into a mountain-side rainforest, to easy strolls along a coastal paved path, there are trails suited for hikers of every age and ability.

However, natural hazards are part of every environment and can be exceedingly dangerous to the careless or foolhardy.

"We are fortunate in Hawaii that our climate allows year-round enjoyment of the many excellent hiking trails in our forest and parks, and even our shoreline areas," said William Aila Jr., chairperson, Hawaii State Department of Land and Natural Resources.

"Along with that opportunity also comes the responsibility for hikers to educate themselves on how to understand the wilderness and keep themselves safe," he added.

In light of the fatal accident that occurred at the Makapuu Lighthouse Trail, here, Jan. 13 — where a 27-year-old Soldier with the 2nd Stryker Brigade Combat Team, 25th Infantry Division, fell approximately 30 feet after climbing to an area outside the designated footpath above the lighthouse — Aila believes now is the perfect time to remind individuals of the importance of hiking safety.

"(The DLNR) provides trail and safety information to the public on our Na Ala Hele website, via our Hiking Safely in Hawaii brochure, and through signage posted along trails to warn the public of hazards to avoid, for their own safety (see "The Beaten Path" for more)," he said. "By following established rules and safety guidelines, the public can continue to enjoy outdoor recreation in our beautiful natural areas."

And while safety can never be guaranteed 100 percent in the great outdoors, every hiker should take some important steps before hitting the trail:

•**Inform others of your plans.** Let someone know the name and location of the hiking trail you plan to conquer, and when you expect to return. If something should go wrong, rescuers will know where to start searching.

•**Hike with a buddy.** Never venture out alone. In times of trouble, a partner's helping hand can be invaluable.

•**Brush up on the ins and outs of the trail.** Learn all you can about the route, starting with location and degree of difficulty.

•**Assess your capabilities.** Be practical and realistic about your level of physical fitness and abilities. Hawaii features a wide variety of trails, so pick one you can complete comfortably.

•**Check weather conditions.** Clear, sunny skies can quickly change in a matter of hours, and flash floods are dangerous possibilities in narrow gulches along many popular hiking destinations. Call the National Weather Service at 973-4380 for the latest forecast.

•**Wear proper hiking attire.** Dress in layers, so you can protect your skin from the intense sun, and bring along a hat, sunglasses and sunscreen for extra protection. Hiking boots provide traction and ankle support. Light raingear also is good to carry in case of a sudden downpour.

•**Be prepared.** Carry a small pack containing water, snacks, basic first aid materials, a fully charged cell phone and a plastic garbage bag (to use for collecting rubbish or as improvised rain gear).

Once on the trail, always stay on the designated path and pay attention to your surroundings. Be extra cautious when crossing streams and walking on wet, slippery trails or on loose soil or rock.

Also, heed any official informational or directional signage that may be posted to ensure you do not wander onto sacred sites or areas of ecological restoration.

"(Other) hazards include going onto un-maintained 'unofficial trails,' going into closed watershed areas, as well as climbing up or jumping off waterfalls or into stream pools," Aila said. "Don't take risks, and avoid preventable accidents, injuries and, sadly, fatalities."

## Take a Hike

The U.S. Army Garrison-Hawaii Directorate of Family and Morale, Welfare and Recreation's Outdoor Recreation Center offers several hiking opportunities for Soldiers and their families.

Current programs include Adventure Hiking, Adventure Biking/Mountain Biking

and Custom Hike adventures for groups of six or more. Programs are open to various ages and skill levels, and include a fee.

For more information, call ODR at 655-0143 or visit [www.himwr.com/recreation-and-leisure/outdoor-recreation-center](http://www.himwr.com/recreation-and-leisure/outdoor-recreation-center).



Staff Sgt. Gaalen Lowers | 8th Theater Sustainment Command Public Affairs

HONOLULU — Senior noncommissioned officers with the 8th Special Troops Battalion, 8th Theater Sustainment Command, hike back down the Kuli'ou'ou Ridge Trail, here, after senior NCO physical training that incorporated master resiliency training, Oct. 12, 2012.



Photo courtesy Stephanie Rush

MOKULEIA — Signs such as these, found along the Kealia Trail above Dillingham Airfield, warn hikers of the potential dangers found both on and off the 2.5-mile hiking trail.

## The Beaten Path

The State of Hawaii Department of Land and Natural Resources operates numerous designated hiking sites throughout the state, including eight on the island of Oahu. They include the following:

- Aiea Loop Trail
- Diamond Head Summit Trail
- Kaena Point Trail
- Kapaeleele Point Trail
- Makapuu Point Lighthouse Trail
- Nakoa Trail
- Ualakaa Trail
- Waahila Ridge Trail

The DLNR's Na Ala Hele Trail and Access Program manages additional trails and access roads that are open to the public.

Despite the plethora of paths available, many people ignore safety warnings and hike areas deemed unsafe by authorities. Such restricted sites include the Haiku Stairs trail (also known as the "Stairway to Heaven"), which was shut down in 1987, and the Sacred Falls trail, which was closed in 1999 after a landslide killed eight people and injured approximately 50 others.

For information on hiking trails and safety tips, visit [www.hawaiitrails.org](http://www.hawaiitrails.org) or [www.hawaiistateparks.org/hiking/](http://www.hawaiistateparks.org/hiking/), where you also can download a free safety brochure.





Briefs

Today

**USARPAC Golf Scramble** — Every last Friday of the month. For information and registration, call 438-9587.

**Hawaiian Buffet** — Every last Friday of the month, enjoy a Hawaiian luau lunch buffet at the FS Hale Ikena dining room or SB Kolekole Bar & Grill for \$12.95. Call 438-1974 (FS) or 655-0660 (SB).

26 / Saturday

**Pro Bowl Ohana Day** — See NFL stars in action beginning at 8:30 a.m., Aloha Stadium; enjoy fan contests, player interviews, NFL video features and a preview of the Pro Bowl game entertainment. Event is free and open to the public.

**Moonlight Paddle** — Enjoy a moonlight adventure, 6-10 p.m., for \$25 with Outdoor Recreation on Haleiwa River, one of the most famous rivers in Oahu. Must be able to swim. Slots fill quickly; reservations at 655-0143.

February

6 / Wednesday

**After-School Valentine** — Sgt. Yano Library will host elementary age children, 3-3:45 p.m., to hear valentine's stories and to create their own special valentine.

8 / Friday

**Right Arm Night** — Celebrate Fat Tuesday early, beginning at 4 p.m. at FS Hale Ikena; enjoy drink specials and New Orleans-style pupu buffet. Spouses and DOD civilians welcome. This event is for adults only. Tickets are \$5 in advance or \$8 at the door, and on sale at the Hale Ikena. Call 438-1974.

23 / Saturday

**Lt. Dan Band** — The USO presents Gary Sinise and the Lt. Dan Band, 7 p.m., Feb. 23, at Weyand Field, Schofield Barracks. Food and beverages available for purchase. This free event is held on an open field and blankets or lawn chairs are recommended. Call 655-0115.

Ongoing

**Valentine's Day Workshops** — The Arts and Crafts Center will hold a

TEMPORARY FITNESS HOME



Jack Wiers | USAG-HI Public Affairs

SCHOFIELD BARRACKS — Remy Moore (top), Army spouse and a regular Schofield Health and Fitness Center (SHFC) user, continues her regular workout regiment at Martinez Gymnasium facilities, Wednesday, while renovation work continues at the SHFC.

The center's fitness equipment, along with it's scheduled classes, are temporarily stationed throughout the Martinez gym facilities, including the main gymnasium.

The fitness center's equipment and programs will remain at the gym until scheduled work is completed, sometime in mid-to-late April, according to a SHFC official.

variety of Valentine's Day classes until the big day, including Valentine's Day, with no-sew pillows and a Valentine's Day card workshop, and more, available in February. Call 655-4202 to preregister for classes.

**Outdoor Recreation Center** — In February, pay for one ODR program and your valentine sweetheart goes along at half price. Restrictions apply. Call 655-0143.

**Whale Watching Cruises** — Sign up to see these majestic creatures with Leisure Travel Services and save money. Call 655-9971.

**FS Cosmic Bowling** — Every Saturday, from 7:30-11:30 p.m, eat, dance and bowl with DJ Derek Walker. Call 438-6733.

**BOSS Meetings** — Single Soldiers and geographic bachelors are invited to Better Opportunities for Single Soldiers meetings every Wednesday to discuss community service projects and fun upcoming

programs.

- North meetings, 3 p.m., at Tropics Warrior Zone, every 1st & 3rd Wednesday.
- South meetings, 10 a.m., 2nd & 4th Wednesday at AMR Chapel. Call 655-1130.

**Preschool Story Time** — Take your toddlers to story time, Wednesdays, 10 a.m., Sgt. Yano Library, SB; different theme and story each week. Call 655-4707.

**Renovation** — SB Health and Fitness Center renovation is underway, resulting in transfer of activities and classes to Martinez Gym. Renovations include installing two new saunas, repairing portions of the facility floor, replacing all windows and painting the interior walls. Call 655-8789/8007.

**Military Special** — Bowl a free game when you make a purchase from Wheeler Bowl's snack bar over \$6. Must have receipt. Game must be used same day as snack bar purchase. Cannot be combined with additional

discounts or offers. Call 656-1745.

**Sand Volleyball** — Join weekly competition on Mondays; game starts at 6 p.m., Tropics Warrior Zone. Call 655-5698.

**Pool Tournament** — Join this popular 8-ball weekly competition on Tuesdays; game starts at 6 p.m., Tropics Warrior Zone. Best 2 of 3 plays for the championship title the last Tuesday of the month. Free to play; call 655-5698.

**Helemano Physical Fitness Center** — Stroller Stride & Ride and Circuit Training will start this month, with days and times to be determined. Call 653-0719.

**Auto Body Service** — Dings, scratches and dents can be a thing of the past at Schofield's Auto Skills Center with Oscar Reyes, Auto Body and Paint.

See FMWR Briefs, B-5



Send announcements a week prior to publication to community@hawaiiarmyweekly.com.

Today

**Free College Level Exam** — The Schofield Army Education Center offers CLEP and DANTES Subject Standardized Tests (DSST) every Tuesday, from 9 a.m.-7:30 p.m., and Fridays, 9 a.m.- 4 p.m., SB Education Center, Bldg. 560, Rm. 214.

Testers must arrive two hours before closing time to provide ample time to complete the tests. Study guides are available at the Learning Resource Center, Rm. 203. Visit hpunationaltestingcenters.wordpress.com/about/

**45th Sust. Bde. Redeployment** — Maj. Gen. Stephen Lyons invites the public to attend the 45th Sustainment Brigade Redeployment Ceremony, 10:30 a.m., Jan. 25, Hamilton Field, Schofield Barracks. Grimes Road will be closed to traffic, 10 a.m.-noon, during the ceremony. Call 438-0773.

**Dr. Martin Luther King Jr. Observance** — "Remember! Celebrate! Act!" is scheduled 11 a.m.-1 p.m., at the SB Warrior Inn Dining Facility (Bldg. 2085). Hosted by 2nd Stryker Brigade Combat Team, 25th Infantry Division, Team EO and EEO Hawaii. Call 655-0240.

**Hazardous Waste Disposal** — Jan. 25 is the deadline to call for a free drop-off appointment of your hazardous waste at the City's hazardous waste facility, 9-11:45 a.m., Feb. 2. Call 768-3201.

28 / Monday

**Latchum Road Closure** — CW Latchum Road, between Lauhala and Airdrome roads, will be fully closed, 24/7, for reconstruction and site work beginning Jan. 28, with scheduled completion Dec. 7, 2014. Project schedule is subject to change pending weather delays. The contractor will have appropriate safety signs and barriers when the roadway is closed. Call 656-2420.

**Tax Center** — The new Tax Center's first day of appointments is Jan. 28 at SB and Jan. 29 at FS. All Army, Reserve, Guard, family members and retirees are eligible for free ser-

vices.

The SB Tax Center is located in Bldg. 648. Call 655-1040 or visit www.facebook.com/hawaiiarmy taxcenters/info.

February 2 / Saturday

**Fun Run** — Bronco Memorial Association Fun Run at the intersection of Hauula Street and Trimble Road, 8 a.m., free and open to the public.

Run route will include scenic views from Kolekole Pass, and a 10K, 5K and 1-mile Keiki Run.

Email broncoassociation3bct@gmail.com or visit the Bronco Memorial Association Facebook page.

3 / Sunday

**Spanish Services** — An inaugural Spanish-speaking worship service will be held, 10:45 a.m., Wheeler Chapel. Includes family service and contemporary music. Call 254-220-6962.

9 / Saturday

**Miss Latina Hawaii 2013** — Public is invited, beginning at 5:30 p.m., Mamiya Theatre, 3142 Waiiale Ave. Winner represents Hispanic

community at Miss Hawaii Pageant. Tickets online at hispanicevents hawaii.com/MissLatinaHawaii.html or call 285-0072.

16 / Saturday

**Swamp Romp** — Public is invited to the dirtiest race of the year, 7 a.m., Feb. 16, Marine Corps Base Hawaii, O' Course Field. Six-member teams race through a 5-mile mud and dirt course, over and under obstacles. Cost is \$140 per six-man team. Visit mcc shawaii.com/cgfit.

**Keiki Run** — Youngsters and parents are invited to the 1.5-mile, untimed race, 5210 Keiki Run, beginning and ending at the NBC Exhibition Hall. Visit www.hawaii5210.com or www.kahoomiki.org.

21 / Thursday

**Honolulu Theater for Youth** — Acclaimed Off-Broadway drama "Hold These Truths," begins a six-performance run through March 2, Hawaii Theatre. Inspired by true stories of second-generation Japanese-Americans in World War II internment. Tickets may be ordered online at www.htyweb.

See COMMUNITY Calendar, B-5



Additional religious services, children's programs, educational services and contact information can be found at www.garrison.hawaii.army.mil. (Click on "Religious Support Office" under the "Directorates and Support Staff" menu.)

- AMR: Aliamanu Chapel
- FD: Fort DeRussy Chapel
- HMR: Helemano Chapel
- MPC: Main Post Chapel, Schofield Barracks
- PH: Aloha Jewish Chapel, Pearl Harbor
- SC: Soldiers' Chapel, Schofield Barracks
- TAMC: Tripler Army Medical Center Chapel
- WAAF: Wheeler Army Airfield Chapel

Buddhist Services

- First Sunday, 1 p.m. at FD
- Fourth Sunday, 1 p.m. at MPC Annex

Catholic Mass

- Thursday, 9 a.m. at AMR
- Saturday, 5 p.m. at TAMC, WAAF
- Sunday services:
  - 8:30 a.m. at AMR
  - 10:30 a.m. at MPC Annex
  - 11 a.m. at TAMC
- Monday-Friday, 11:45 a.m. at MPC and 12 p.m.TAMC

Gospel Worship

- Sunday, noon. at MPC
- Sunday, 12:30 p.m. at AMR

Islamic Prayers and Study

- Friday, 1 p.m. at MPC Annex
- Friday, 2:30 p.m., TAMC
- Saturday and Sunday, 5:30 a.m.; 6, 7 and 8 p.m. at MPC Annex

Jewish Shabbat (Sabbath)

- Friday, 7:30 p.m. at PH

Pagan (Wicca)

- Friday, 7 p.m. at MPC Annex Room 232

Protestant Worship

- Sunday Services
  - 8:45 a.m. at MPC
  - 9 a.m., at FD, WAAF and TAMC chapels
- Lutheran/Episcopalian
  - 10 a.m. at HMR
  - 10:30 a.m. at AMR
- Contemporary Service
  - 11 a.m. at Soldiers Chapel



Call 624-2585 for movie listings or go to aafes.com under realtime movie listing.



Skyfall

(PG-13)  
Fri., Jan. 25, 7 p.m.  
Sat., Jan. 26, 7 p.m.  
Thurs., Jan. 31, 7 p.m.



Monsters, Inc. 3D (PG-13)

Sat., Jan. 26, 2 p.m.  
Sun., Jan 27, 2 p.m.

No shows on Mondays, Tuesdays or Wednesdays.

Calendar abbreviations

- 8th TSC: 8th Theater Sustainment Command
- 25th ID: 25th Infantry Division
- ACS: Army Community Service
- AFAP: Army Family Action Plan
- AFTB: Army Family Team Building
- AMR: Aliamanu Military Reservation

- ASYMCA: Armed Services YMCA
- BCT: Brigade Combat Team
- BSB: Brigade Support Battalion
- Co.: Company
- CYSS: Child, Youth and School Services
- EFMP: Exceptional Family Member Program
- FMWR: Family and Morale, Welfare and

- Recreation
- FRG: Family Readiness Group
- FS: Fort Shafter
- HMR: Helemano Military Reservation
- IPC: Island Palm Communities
- PFC: Physical Fitness Center
- SB: Schofield Barracks

- SKIES: Schools of Knowledge, Inspiration, Exploration and Skills
- TAMC: Tripler Army Medical Center
- USAG-HI: U.S. Army Garrison-Hawaii
- USARPAC: U.S. Army-Pacific
- WAAF: Wheeler Army Airfield



# The ‘moody foodie’ endures

I’ll try anything once. Well, maybe not cliff diving or running with the bulls or a Mohawk hairdo or snorting angel dust or silicone lip injections. But when it comes to food, I’m totally adventurous.



## THE MEAT & POTATOES OF LIFE

LISA SMITH MOLINARI  
Contributing Writer

When our military family moves to a new place, I’m always excited to try the local cuisine. Sometimes, our experimentation with native dishes produces an instant fondness, and we adopt local recipes into our regular meal routine.

Early in our marriage, my husband was assigned to the Naval Postgraduate School in Monterey, Calif. At first we were bummed that we couldn’t find a “Mom & Pop” pizzeria, which we took for granted back east. Much to our dismay, pizzas in California had foo-foo toppings, such as sprouts, gorgonzola, shallots, walnuts, fennel, pears and chicken. And the waitresses wore trendy glasses, thumb rings and Greenpeace T-shirts.

Whatever happened to good old-fashioned pepperoni and mozzarella, served by someone named “Ang” with bad highlights and a moustache, for goodness sakes?

However, once we tasted the local foods — fresh-caught squid, Gilroy garlic, Castroville artichokes and San Francisco sourdough bread — we were hooked.

Similarly, our next tour in England (granted, not exactly known for its cuisine) added crumpets and shepherd’s pie to our repertoire; Chesapeake Bay blue crabs and plump Virginia peanuts became staples after back-to-back tours in Virginia Beach; and Germany brought us countless European delights, including schnitzel, beer, goulash, spaetzle and chocolate.

Now we find ourselves in the Deep South, where we are becoming connoisseurs of fried chicken, hush puppies, shrimp and grits, barbecue, cornbread and biscuits. Dee-licious!

But, hold up. For every delectable indigenous morsel that has passed favorably over my taste buds, there have been countless other native foods that triggered my gag reflex.

I said I was adventurous, but I’m not stupid. Our experiences living in different areas has taught us that every region has its share of really bad foods, and I’m not such a foodie that I will pretend to like them.

There are certain “red flags” — a clear sign that the food you are about to eat is not that

tasty. For example, if someone tells you that you have to “develop a taste for it,” that means you will need to consume copious amounts of the substance to desensitize your taste buds to its wretched flavor.

When I first ordered southern boiled peanuts at a football game, I found a slippery, mushy nut that tasted like a mutated potato. But after giving them several tries, I find that I can now eat a few without shuddering.

If someone tells you, “It tastes like (chicken or some other familiar meat),” beware that you are about to eat mysterious animal parts. Whilst in England, I was served black pudding with breakfast, and was told it was a variety of sausage. A tiny nibble filled my mouth with the taste of bloody vital organs, no thank you. At a B&B in Scotland, I was offered a sliver of haggis and told that it tasted just like pork and oats. One swallow and I felt as if I’d just licked the salty underbellies of a herd of sweaty sheep.

If someone says, “It’s great with butter,” that generally means that the food is dry as the Sahara. Does anyone really like Irish soda bread? No one really knows, because we all slather it with butter, so we can swallow it.

If someone tells you, “It just needs a little hot sauce,” they are saying that you will need to distract yourself with pain in order to ingest this foul-tasting dish. At the risk of igniting another Civil War, let me say that greens are not as good as southern folk proclaim. Collards, kale, mustards, Swiss chard — isn’t it suspicious that they are all slow-cooked in bacon fat and disguised with Texas Pete?

On the other hand, there are, in fact, certain truisms that hold eternal in the world of local cuisine: Beware of anyone who tells you to “suck the juice out of the head, because that’s the best part,” and you can always trust someone who says in earnest “it’s great deep fried,” because let’s face it, what isn’t good deep fried?

*(A 20-year Navy spouse and mother of three, Molinari has plenty of humor to share in her column, “The Meat and Potatoes of Life,” which appears in military and civilian newspapers and on the “Stripes Military Moms” website, at [www.the meatandpotatoes oflife.com](http://www.the meatandpotatoes oflife.com) and follow @MolinariWrites.)*



Jack Wiers | U.S. Army Garrison-Hawaii Public Affairs

Fort Shafter Elementary School administrators will be sending home surveys to generate parental feedback. Public schools throughout Hawaii are participating in the DOE research.

# School quality survey seeks parent feedback

## HAWAII STATE DEPARTMENT OF EDUCATION

News Release

HONOLULU — The Hawaii State Department of Education (DOE) is encouraging parents to complete a survey to help schools set priorities for improving programs and services.

Survey results will also be used to measure strategic plan goals for the DOE.

Beginning this month, schools will mail or ask students to bring the surveys home. Parents whose children are enrolled in grades 4, 5, 7, 8, 9 and 11 will be asked to complete the survey and return it in a pre-paid envelope by Feb. 28.

“Parent feedback is critical for schools to evaluate their services and ensure students’ needs are being met,” said Hawaii DOE Superintendent Kathryn Matayoshi. “Their valuable input also plays a key role in our success and helps track progress of the strategic plan.”

Last year, about 25 percent of participat-

### Survey Video

An informational video about the survey is available online at <http://vimeo.com/57619187>. Questions about the survey may be emailed to [sqs@notes.k12.hi.us](mailto:sqs@notes.k12.hi.us).

Parents may also call, 7:30 a.m. to 4:30 p.m., Monday through Friday, 733-4008 (Oahu) or 1-855-276-5801 (toll-free neighbor islands).

“Parent feedback is critical for schools to evaluate their services and ensure students’ needs are being met”

— Kathryn Matayoshi  
Hawaii DOE Superintendent

ing parents statewide responded to the survey. The DOE has prepared public service announcements and partnered with grassroots organizations to raise awareness about the survey and increase return rates.

Survey results provide schools data on everything ranging from parent satisfaction with course offerings, support services and availability to discuss their child’s progress, to whether students feel safe and are meeting their goals.

In addition to the parent survey, teachers and students from the selected grades will fill out separate surveys at school.

### On the Web

Survey responses are confidential. Overall survey results should be available to schools by the end of the academic year. The reports will be posted at <http://arch.k12.hi.us>.





# Regular well-baby doctor visits help development

## Experts urge parents to begin visits within two days of hospital discharge

**SHARI LOPATIN**  
TriWest Healthcare Alliance

Your baby’s scheduled well-baby doctor exam has been missed; is there reason for concern?

Your baby isn’t sick, so it’s not that important ... is it?

Because babies grow so quickly, regular well-baby doctor visits help keep them happy and healthy. Wellness visits should start two days after discharge from the hospital and should continue on the following schedule: 2 weeks old, then 2, 4, 6, 9, 12, 15 and 18 months old.

These regular visits allow the pediatrician or

nurse practitioner to check your baby’s growth and development. They also give you, as the parent, important information about what to expect as your child grows up. Identifying any growth or development issues early helps your child get additional specialty care, if needed.

During a well-baby visit, your child will also receive any vaccinations that are due. Vaccinations are a big part of protecting your child from disease. If your baby isn’t vaccinated, these diseases could make your child very sick — or even cause death.

Make the most during your regular well-baby visits. Write down any questions or concerns you may have about your child’s development and bring them with you. This way you won’t forget to ask the provider during the exam.

Well-baby visits are a Tricare-covered benefit with no authorizations, cost-shares, co-payments or deductibles for those eligible.

### Briefs

CONTINUED FROM B-2

New service will be available in February. Call 655-9368.

Fort Shafter Auto Skills now offers mechanics for hire services. Call 438-9402 for information and pricing.

**Winter Bowling Birthdays** — Plan a birthday at Shafter’s Bowling Center during the months of January or February, and the birthday boy/girl will receive a commemorative birthday bowling pin for free, while supplies last. Limited to par-

ties of 10 or more. For reservations, call 438-6733.

**Storage Shed Rental** — Rent a storage shed from either the Fort Shafter or Schofield Barracks Auto Skills Center. Fee is \$40 (8x6x5, metal) or \$60 (8x6x6, plastic) per month. Call 655-9368 (SB) or 438-9402 (FB).

**The “A” Game** — Keiki 18 years of age and under can bowl one free game for every two “A’s” on a report card. Call 438-6733 (FS) or 655-0573 (SB).

**New Gym Hours** — New HMR and AMR physical fitness center hours are 6 a.m.-9 p.m., Mondays-Fridays. The gym is closed Saturdays, Sundays and holidays. Call HMR at 653-0719 or AMR at 836-0338.

**Richardson Pool Clo-**

**sure** — Richardson Pool is closed through May. For your convenience, restrooms and showers will be open from 6-9 a.m. during PT, Mondays-Fridays. All other operations will be moved to Helemano swimming pool.

**ACS Aloha Center** — The new phone number for Shafter’s ACS is 438-4ACS (438-4227).

**Teen Wednesdays** — Cosmic Bowling for teens for \$2 at Wheeler Bowling Center, WAAF, 2-4 p.m. Free shoes with a two-game minimum. Call 656-1745.

**Mongolian Barbecue** — Dinner is served starting at 5 p.m. on Mondays at Kolekole Bar and Grill, SB, and Thursdays at Mulligan’s Bar and Grill, FS. Cost is 65 cents per ounce. Call 655-4466 (SB) or 438-1974 (FS).

### Community Calendar

CONTINUED FROM B-2

## Ongoing

**Road Closure** — Ongoing construction of portions of Kolekole Avenue between Flagler and Humphreys roads, SB, will be closed, 24/7, through scheduled completion, Jan. 29.

Contra flows will be set up to allow two-way traffic on Kolekole. Project schedule is subject to change pending weather delays.

Safety signs and barriers will be posted when each section of the roadway is closed. Call 656-2532.

**Museum Closure** — The Tropic Lightning Museum at SB will be temporarily closed to the public for electrical and facility renovations inside the museum starting Jan. 21 and will reopen, Feb. 26. Call 655-0438.

**Free Magic Classes** — Kalihi-Palama Library, 6 p.m., on the fourth Thursday of each month (except Nov. and Dec.), sponsored by Hawaii Magicians Society, [www.hawaiimagiciansclub.com](http://www.hawaiimagiciansclub.com), or call 234-5262.

**Children’s Waiting Room** — The ASYMCA Children’s Waiting Room offers on-site child care for healthy children whose parents or siblings have medical appointments in any of the Schofield clinics or at TAMC. No fee is charged.

SB weekday hours are 8 a.m.-noon, and 1-4 p.m.; TAMC hours are 8 a.m.-3 p.m. Call 433-8410 (SB) or

833-1185 (TAMC).

**Family Night Programs** — AMR and Schofield chapels invite the public to family-night programs. The weekly event features dinner, classes and activities for ages 4 through high school and adults.

A nursery service, staffed by CYSS, is provided for children ages 6 months-4 years who are registered with CYSS or CDC.

Weekly schedule follows:

- AMR Chapel Family Spiritual Resiliency Night, Tuesdays, 5:30-7:30 p.m.
- Schofield Chapel Family Spiritual Resiliency Night, Wednesdays, 5:30-7:30 p.m.

Call 833-8175 (SB) or 839-4319 (AMR).

**Food for Families** — ASYMCA at WAAF has an emergency food locker to assist military families in need.